

Performance Triad

Initiative optimizes personal and unit performance.

See p. B-1.



USARPAC commander guest speaker at ROTC

Story and photo by
STAFF SGT. KYLE RICHARDSON
Army News Service

HONOLULU — The University of Hawaii at Manoa hosted its 104th Reserve Officer Training Corps spring commencement ceremony at the Kennedy Theatre, May 19. Thirty cadets were commissioned as second lieutenants; 25 joined the ranks of the Army and five raised their hands to serve the Hawaii National Guard.

Gen. Vincent K. Brooks, U.S. Army-Pacific commanding general, was the guest speaker for the ceremony. Brooks gave the cadets advice for success in the Army. He said three words that begin with the letter “L” will help them become successful while in the military. “First listen to your noncommissioned officers,” he said. “They have experience, and they will advise you on the right path to walk. Listen to the voices of

your Soldiers and their families, because you’re charged with their care and well-being.” Brooks stated the second L stood for learn and that the cadets should always strive to learn the profession they are about to join. The final L was to lead. Brooks stated that, even as second lieutenants, the Soldiers would expect the new lieutenants to lead them. As the cadets transitioned from student status to the Army or the HIANG,

they donned their gold bars, ready to teach others some of the valuable lessons they’ve learned over the years. The cadets did more than just graduate; they had prepared themselves for a new life in the military. Some of the cadets had prior military service, and some are currently in the military, but decided to become commissioned officers. “It’s been a long, bumpy three years to get to this point, but it feels amazing,” said 2nd Lt. Dylan Foreman, newly commissioned officer. “I owe it to my friends, family, loved ones and cadre. They are the reason that I’m here today. I’m going to take what I’ve learned here from the University of Hawaii and use it to develop the Soldiers that I’m put in charge of.” UH has prepared the newly commissioned for their next chapter in life as a professional in the Army. Foreman will begin his career assigned to USARPAC. *(Editor’s note: Richardson works at USARPAC.)*



Gen. Vincent Brooks (right), commander, U.S. Army-Pacific, swears in 30 cadets during the University of Hawaii’s 104th ROTC commencement ceremony, May 19. Twenty-five of the cadets will serve in the active Army and five in the Hawaii National Guard. (Photo has been altered from its original form; background elements have been removed.)

Army plans to open positions for women

ARMY NEWS SERVICE
News Release

WASHINGTON — The Department of Defense notified Congress, Friday, of the U.S. Army and U.S. Special Operations Command (USSOCOM) plan to eliminate gender restrictions within previously closed units of the U.S. Army Special Operations Aviation Command. This action involves approximately 1,300 positions. In the January 2013 memorandum rescinding the 1994 Direct Ground Combat Definition and Assignment Rule, the Secretary of Defense and the Chairman of the Joint Chiefs of Staff directed the services and U.S. Army and USSOCOM to work together in a deliberate, measured and responsible way to assign women to closed positions. Advancing this effort, the Secretary of the Army and commander, U.S. Army and USSOCOM, forwarded to the Secretary of Defense a recommendation that expands opportunities for women to serve in all four battalions of the 160th Special Operations Aviation Regiment. “Given the joint nature of special operations, USSOCOM will synchronize our efforts with each service while observing the joint chiefs’ guiding principles to preserve unit readiness, cohesion and morale,” said Maj. Gen. Christopher Haas, director for Force Management and Development at U.S. Army and USSOCOM. Once the congressional notification process is complete, changes will be implemented through a deliberate and incremental process. Female officers and noncommissioned officers will be assigned to each unit previously closed to women, followed by female enlisted Soldiers.



U.S. to keep 10k troops in Afghanistan in 2015

NICK SIMEONE
American Forces Press Service

WASHINGTON — President Barack Obama, Tuesday, announced the United States plans to keep nearly 10,000 American troops in Afghanistan next year — a level largely in line with what U.S. commanders had requested — and that nearly all U.S. forces will leave the country by the end of 2016. “The bottom line is, it’s time to turn the page on more than a decade in which so much of our foreign policy was focused on the wars in Afghanistan and Iraq,” Obama said. In laying out his military plan for Afghanistan once the U.S.-led NATO mission there ends in December, Obama said keeping 9,800 American troops in the country to train Afghan forces and to support counterterrorism operations will be contingent upon Afghanistan’s next president signing a bilateral security agreement with the U.S., something outgoing Afghan President Hamid Karzai has refused to do. “The two final Afghan candidates in the runoff election for president have each indicated they would sign this agreement promptly after taking office, so I’m hopeful we can get this done,” Obama said, emphasizing the growing and in-



Staff Sgt. Evelyn Chavez, U.S. Air Force

BAGRAM AIR FIELD, Afghanistan — President Barack Obama addresses Soldiers, Sailors, Airmen and Marines during a surprise visit, here, Monday.

See TROOPS A-3

‘Wolverines’ improve roads, demolition range

Story and photos by
1ST LT. LUCIAN MYERS
84th Engineer Battalion, 130th Eng. Brigade
8th Theater Sustainment Command

SCHOFIELD BARRACKS — “We Clear the Way” is more than just the engineer motto; for the Soldiers of the 523rd Engineer Company, 84th Eng. Battalion, it’s their job. At the end of February, Schofield Barracks’ Range Control requested the battalion’s assistance with a few maintenance projects. The “Wolverines” of the 523rd Eng. Co. took the lead on the three-month mission, starting

March 17. The first project was to repair roads on East Range and Wheeler Army Airfield. Sections of the roads were completely washed-out from years of Hawaiian rainfall. “It is great that we get these missions, so we can be exposed to different situations and, at the same time, teach our Soldiers how to execute varied missions,” said Sgt. Timothy Johnson, squad leader, 523rd Eng. Co. The Wolverines were also tasked with filling in craters at a demolition range created by units doing unexploded ordnance demolitions and

demolition training. The project was designed to increase the usable training area by flattening out the range and improving the drainage on the training area. “The noncommissioned officers showed us the tricks of the trade, so we can have the experience and knowledge to take their place someday,” said Pfc. Nelson Goehle, a heavy equipment operator with the unit. These missions benefited Range Control, Schofield Barracks and the Soldiers by keeping

See ENG A-3



The Wolverines of the 2nd Plt., 523rd Eng. Co., 84th Eng. Bn., 130th Eng. Bde., 8th TSC, use the push/load method to fill up the scraper with the help from a dozer at a demolition range during a three-month-long range maintenance project.

MOSs now open to women

DOD officials notified Congress of the intent to open the following positions in the U.S. Army Special Operations Aviation Command:

15B, 15D, 15F, 15G, 15H, 15J, 15K, 15N, 15P, 15Z, 25A, 25B, 25U, 27D, 29E, 35D, 35F, 35G, 35L, 35N, 35X, 36A, 36B, 42A, 42B, 42H, 56A, 56M, 61N, 65D, 68W, 74A, 74D, 88N, 89B, 90A, 91B, 91C, 91D, 91E, 91J, 91X, 92A, 92F, 92R, 92Y, 94E, 94R, 94W, 151A, 255A, 350F, 351L, 915A, 920A, 948B



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Garrison begins annual hurricane exercise

SARAH PACHECO
Staff Writer

SCHOFIELD BARRACKS — U.S. Army Garrison-Hawaii is conducting its annual hurricane exercise, Makani Pahili, May 28-June 4.

Meaning “Strong Winds” in Hawaiian, Makani Pahili is a joint exercise that involves the State of Hawaii and all armed services in the Hawaiian Islands.

The No. 1 objective of this exercise is to prepare all Army Hawaii installations for the annual hurricane season in the Central Pacific, June 1-Nov. 30.

Other key objectives are to test disaster preparedness plans and procedures, to test alert procedures and communications systems, and to test select safe havens and family assistance centers at Schofield Barracks and Fort Shafter.

Residents and personnel can expect to see and hear “Exercise-Exercise-Exercise” alerts and announcements from the mass notification “giant voice” systems, as well as from emails and from other websites during the exercise.

These alerts are part of the exercise, so people are asked not to be alarmed. Rather, they can focus on the following three easy steps:

First, get a kit. The kit should include emergency medications; nonperishable food; a manual can opener; one gallon of bottled water, per person, per day; a battery-powered radio; a flashlight and extra batteries; bedding; clothes; copies

of important documents; cash; a first-aid kit; basic household tools; and other special items for infants, pets and elderly or disabled family members.

Then, make a plan. Meet with all family members to make a plan and discuss how to prepare and respond to emergencies that are most likely to happen at home, school or work. Identify responsibilities for each member of the household and plan to work together as a team.

A family communications plan also is necessary; each household member should know how to reconnect with the family. Be sure to make advance preparations for any pets or people with special health needs, as well.

Prepare an evacuation plan that identifies two places to go if told to evacuate, one within and one outside the neighborhood, like a friend’s home or a shelter.

Store all emergency information on a card that can fit into a wallet. The card should contain each household member’s work, school and cell phone numbers.

In addition, this card should contain the two meeting places and a contact number for someone out of the state. An out-of-state contact may be needed if local phone lines are overloaded or out of service during an emergency.

Sometimes, sending a text message or calling long distance to this central con-

tact person may be accomplished easier during an emergency.

Finally, be informed. Get a good map and be familiar with the community’s inundation zones. Listen to local media or National Oceanic and Atmospheric Administration (NOAA) broadcasts for the latest storm conditions.

If advised to evacuate, do so immediately and bring the family disaster supplies kit.

Keep listening to the radio for Civil Defense announcements that state which shelters are open.

During a news conference held in Honolulu, May 22, NOAA’s Central Pacific Hurricane Center announced that it expects an above-normal hurricane season in the Central Pacific Basin.

Experts said they expect between four to seven tropical cyclones to affect the area, noting that an average hurricane season has four to five tropical cyclones.

The outlook is based upon the expectation of El Nino developing during the 2014 hurricane season, which favors the development of more and stronger tropical cyclones, to include tropical depressions, tropical storms and hurricanes.

“I encourage the public to become weather-ready by signing up for weather alerts, developing a family emergency plan and building an emergency kit before hurricane season begins,” said Tom Evans, acting director of the center.

Online Resources

To learn what to do before, during and after an emergency, visit the following websites:

- www.ready.gov.
- www.acsim.army.mil/read yarmy.
- www.redcross.org.
- www.citizencorps.gov.
- www.fema.gov.
- www.garrison.hawaii.army.mil and click on “Staying Safe” and “Emergency Management.”
- If directed to move to a safe haven, visit these sites:
 - www.garrison.hawaii.army.mil/dptms/SafeHaven2013.pdf
 - www.slideshare.net/us aghawaii/safe-havens-on-post.
- If you live off post, find evacuation and shelter information in your local telephone book or go online to the Hawaii State Civil Defense website at www.scd.hawaii.gov.
- To request a free disaster preparedness handbook, created by the Hawaiian Electric Company, call 543-7511 or visit www.heco.com.



(Editor’s note: Community bulletins were used to assemble this article.)

BRIDGING THE BASICS

We can bridge what wasn’t around before

SGT. MAJ. MARK SWART

8th Theater Sustainment Command
Public Affairs

As the Army redefines itself from an Army at war to an Army of preparation, leaders in both the officer and noncommissioned officer realms often seek to revive some of the practices that were common before Sept. 11, 2001.

But in some ways, the environment our leaders operate in has irrevocably changed, and there’s no going back.

Yes, I’m talking about technology, and specifically, the Internet.

As the Internet has become a mainstay in American society, so also has it in our Army. We’d have a hard time with-

out it. From Army Knowledge Online to email to Web-based logistics, supply and personnel systems, we’re a wired Army.

This also applies to our personal lives. For some senior leaders, the Internet might still seem like a novelty. But for our Soldiers in the millennial generation, interacting on the Web is a way of life just as genuine as face-to-face engagements.

In fact, a highly publicized 2013 Badgeville.com study cited that 53 percent of millennials would rather give up their sense of smell than their technology!

The Army also understands that the benefits of our Soldiers engaging the American public through social media outweighs the risks. After all, who better to tell the Army’s story than our Soldiers?

As leaders, we have to prepare our younger subordinates for the transition in navigating social media as Soldiers, just as we have to manage our own online personas. We must teach them to balance self-expression against sabotaging both their own careers and the

Army’s professional image.

We addressed this issue during a briefing at a recent 8th Theater Sustainment Command-wide NCO Professional Development and made a few key recommendations to help our Soldiers:

- Approach discussions on social media with Soldiers from a professional development angle: One unfortunate picture of them can come back to haunt them, even threaten their credibility as leaders in the future. Encourage Soldiers to think “PG-13” as a content guideline.
- Make sure Soldiers understand how privacy settings work on all of the social media platforms they use. If they want to share something with the world, they need to think about how they would explain that post to their leadership.
- Never forget operational security (OPSEC). People from around the globe who wish to do our military harm are always watching our families, our friends and us. We shouldn’t make their task easier. Do you really want “friends of

friends” to be able to see your content?

•Soldiers should consider the larger ramifications of sharing and liking content that portrays the military in a negative manner. Promoting such content only reinforces stereotypes and fuels the problem. Portrayals of negative behavior by service members can even erode the public’s trust in the armed forces.

And finally, it is important that Soldiers understand there can be legal ramifications. Talking negatively about supervisors or releasing sensitive information is punishable under the Uniform Code of Military Justice. It’s never appropriate to be disrespectful of superior officers or NCOs, whether a Soldier is speaking in person in the company area or posting to Facebook at midnight on a Friday.

(Editor’s note: For more on social media and training, read the rest of this article at www.HawaiiArmyWeekly.com and check out the Army Social Media Handbook on Army Knowledge Online.)



Swart

FOOTSTEPS in FAITH

Finding ‘true north’ in the dark is a path laid before us

How does a Soldier know which path his life should follow?

CHAPLAIN (CAPT.) ROB CARGEL
205th Military Intelligence Battalion
500th MI Brigade

All Soldiers have conducted land navigation; it’s one of many basic soldiering skills requiring regular training in order to maintain proficiency.

The two possible settings in which to conduct land navigation are day and night. Soldiers can see ground hazards and assess proper footing placement daytime. It is during nighttime operations that the Soldiers’ land navigation skills are tested beyond all measure.

Nighttime land navigation presents especially difficult challenges. Depending on illumination through moonlight, visibility during nighttime land navigation can vary from 2-10 feet.

So there I was, sitting on the bleachers in the smelting heat of Fort Polk, La., eagerly waiting for dusk to arrive to begin nighttime operations. Now, let me be clear, this event was not a team event. There was no battle buddy system.

Dusk came, and the cadre released the first group to conduct its night land



Cargel

navigation course. It was after finding my first three points that I found myself completely and utterly lost in the woods.

The moonlight offered very little light to guide me. The darkness presented countless obstacles through which I had to maneuver. It was in the darkness that I was most vulnerable to the dangers that existed in the woods. During nighttime operations, I couldn’t see clearly or avoid the hazards that were present.

It was very frustrating. I was conducting land navigation on the same terrain and literally on the same course that I’d done in daytime. The woods were the same, and the course was the same. The only difference was that the sun was no longer shining.

Until that moment of desperation and frustration, I’d never realized how much

easier my negotiation through the woods was made by the light. Psalm 119:105 tells us, “The word is a lamp to guide my feet and a light for my path.”

It was during my time being lost that I realized how vital the light was to my negotiation through the terrain. Through my military career and my life, I have come to realize that the woods at Fort Polk stretched far beyond the swamps of Louisiana.

(Editor’s note: Read the rest of this Footsteps in Faith at www.HawaiiArmyWeekly.com.)

RELATED STORY

- Read about a 2nd Stryker Brigade Combat Team chaplain at the National Training Center, p. A-5.

Getting it Straight

The photo credits for May 23’s “Signal Soldiers compete for Best Warrior,” p. A-1, are Spc. Nikkoangelo Matos, 311th Signal Command (Theater) Public Affairs.

Voices of Ohana

National Hurricane Preparedness Week is May 25-31; hurricane season begins June 1.

“What are three things you do to prepare for a natural disaster?”

Photos by 9th Mission Support Command Public Affairs



Staff Sgt. Demetrius Isaac
Senior information systems manager, 9th MSC



“Hoard non-perishable food, store medical supplies, and maintain constant contact with family.”
Mary Kennedy
Unit administrator, HHC, 9th MSC



“Always have family accountability, store potable water and canned food, and have propane on hand.”
Master Sgt. Michael Leigh
Senior maintenance NCO, 9th MSC



“Hold family check-in drills, store MREs and water, and have protective shelter in place.”
Sgt. Lawrence Olive
SASMO, 9th MSC



“Have primary and secondary means of communication, keep a contingency supply of water, and know emergency routes to higher ground.”
Lt. Col. Herman Troy
Chief of training, 9th MSC

Memorial Day is a time for reflection and respect

JACK WIERS
U.S. Army Garrison-Hawaii

SCHOFIELD BARRACKS — Reminders of America’s history of sacrifice were voiced and demonstrated in formal Memorial Day ceremonies at both Schofield Barracks and throughout the nation, Monday.



More than 100 people attended an intimate Memorial Day Remembrance ceremony at the post cemetery, Monday.

Across the country, in various locations, and in a variety of ways, the sacrifices of past heroes were remembered.

Tributes were voiced in both formal ceremonies and with private moments.

At the Post Cemetery, here, visitors began arriving in the day’s early hours to offer respect to individuals who have fallen — for veterans, family members, friends and retirees whose remains are buried at the near century old site. The gravesites bore fresh lei and miniature American flags.

A steady stream continued throughout the morning to individual gravesites.

Later in the morning, at the formal Memorial Day ceremony, Col. Richard A. Fromm, commander, U.S. Army Garrison-Hawaii, stressed the need to salute and honor all members of the armed forces throughout history, “to express our profound gratitude for the brave patriots who made the ultimate sacrifice in defense of our nation.”

Fromm also spoke of the thousands of innocent men, women and children who died almost 13 years ago, in September. They died simply because they were Americans.

Quoting President Abraham Lincoln, Fromm said, “Any nation that does not honor its heroes will not long endure.”

Before ending his remarks, Fromm offered a reminder.

“First, let us visit the gravesites of the fallen and give thanks, and second, let us reach out and shake the hand of a living hero, whether it’s someone in uniform waiting in line in the grocery checkout line. Tell them you honor their service. Tell them simply, ‘thanks.’”

The remembrance ceremony continued with Army veterans from the Military Order of the



Col. Richard A. Fromm, commander, USAG-HI, commemorates the fallen during the Memorial Day ceremony at Schofield Barracks Post Cemetery, Monday.

Purple Heart, the Disabled Veterans of America, representatives from two Veterans of Foreign War posts, and Command Sgt. Maj. Philip J. Brunwald, senior enlisted leader, USAG-HI, saluting the fallen. They laid wreaths at the foot of the National Ensign, flying at half-mast.

A rifle detail of seven delivered a three-volley salute, followed by the flag being raised from half-mast to the top of the flagpole.

The ceremony concluded with a single bugler playing taps.

“I will continue to come until I can’t,” said one veteran, who along with 120 others viewed the ceremony, adding, “This means something significant and lasting.”



Children quietly read the headstones found in the post cemetery. Graves are traditionally adorned with flags for special occasions.

Candlelight ceremony remembers US, Vietnamese POW/MIAs

Story and photos by
STAFF SGT. CHRIS HUBENTHAL
Defense Media Activity
Hawaii News Bureau

HONOLULU — Service members, veterans and civilians gathered at the National Memoria Cemetery of the Pacific to honor all American prisoners of war and those missing in action during



Candles are lit to honor the memory of American and Vietnamese fallen and missing, Sunday.

a Memorial Day candlelight ceremony, Sunday.

Three hundred and fifty motorcycle riders also attended as Hawaii’s version of Rolling Thunder XXV.

Rolling Thunder consists of motorcyclists asking for full accountability for POWs and MIAs.

Retired Army Brig. Gen. Irwin K. Cockett was the keynote speaker for the event; he said that the commemoration was a time to remember those lost on both sides during the Vietnam War.

“On this the eve of Memorial Day, it is fitting that we gather along with our Vietnamese community leaders to pay homage to the fallen comrades of both our countries,” Cockett said. “They may be far removed in time, but not in memory.”

Cockett said that remembering what the missing and fallen sacrificed during that war is a way to honor their memory.

“Tonight our hearts remain heavy for our MIA comrades,” Cockett said. “It is for us to remember the noble



American flags are posted at gravesites at the National Memorial Cemetery of the Pacific, Sunday, for a Memorial Day eve candlelight ceremony to commemorate POW/MIAs from the Vietnam War.

cause we fought for, so many years ago, on the battlefields of Southeast Asia.”

The Marine Forces Pacific Band performed. Additional performances were a cultural song from the Viet News Television Ohana Choir and a dance by Thai-Hang Phan called “He

Hawaii Au.”

The ceremony concluded after attendees lit candles and laid wreaths in respect to those who had served.

70th anniversary of West Loch disaster is commemorated

Story and photo by
STAFF SGT. CHRIS HUBENTHAL
Army News Service

HONOLULU — Hawaii’s joint military forces remembered those who perished in the West Loch disaster during the fifth “Celebration of Life for West Loch Internees” ceremony at the National Memorial Cemetery of the Pacific, May 21.

The ceremony marked the 70th anniversary since the disaster and honored the memory and contributions of the men and women who lost their lives that day.



Wreaths are laid to honor those who lost their lives in the 1944 West Loch disaster at the National Memorial Cemetery of the Pacific, May 21. The ceremony marked the West Loch disaster's 70th anniversary.

The West Loch disaster was a maritime accident that occurred at Pearl Harbor, May 21, 1944. That afternoon Landing Ships, Tank (LSTs) were tightly positioned as they were loaded with munitions to support the invasion of Saipan. At 3:08 p.m., there was a blast aboard a vessel, followed by a chain reaction of fire-spreading explosions.

The 29th Chemical Decontamination Unit, consisting of mostly African-Americans stationed out of Schofield Barracks, suffered the most fatalities on the LSTs.

“It’s fitting that we stop to honor those who lost their lives in the midst of performing hazardous duty and for the many more who were wounded by the explosions and the fires that began in what was really a second day of infamy in Pearl Harbor, this time in the West Loch Channel,” said Gen. Vincent K. Brooks, commander, U.S. Army-Pacific.

Many who survived the blasts began an effort to extinguish the fires and rescue the injured.

“We know that the efforts of those who were present that day were heroic and gallant in the midst of unthinkable chaos and danger where high explosives and fuel shredded metal and wood and flesh, but many lives were saved,” Brooks said. “Sadly, many perished or were injured after they initially survived as they were trying to assist or rescue others.”

One hundred and sixty three men lost their lives and 400 were injured. To this day, some of the fallen have remained unidentified.

“Let us remember them with the dignity that they so richly deserve, and let’s continue to serve our nation with their example in our hearts,” Brooks said. “I’ve been given the gift of understanding the meaning of service and sacrifice through the example of those who rest here under the name ‘Unknown, West Loch disaster 21 May, 1944, Pearl Harbor.’”

(Editor’s Note: Hubenthal works with Defense Media Activity-Hawaii News Bureau.)

Troops: OEF drawdown progresses

CONTINUED FROM A-1

creasing competence of the Afghan security forces, as well as the success of April’s first round of presidential elections, despite threats by the Taliban to disrupt them, as key to the timing of the announcement.

“This transition has allowed us to steadily drawdown our own forces from a peak of 100,000 U.S. troops to roughly 32,000 today,” the president said. “Together with our allies and the Afghan government, we have agreed this is the year we will conclude our combat mission in Afghanistan.”

Defense Secretary Chuck Hagel said he strongly supports Obama’s decision. In a statement issued after the president spoke, Hagel

said the proposed U.S. troop presence “will help us sustain the significant progress we have made in training and equipping the Afghan national security forces.”

As the nation brings an end to its longest war, “all Americans are grateful for the sacrifice and service of the men and women who deployed there over the past 13 years,” the secretary said.

For months, U.S. officials have been deliberating over post-2014 U.S. troop levels and had even raised the prospect of a complete pullout of all U.S. forces if the Afghan government refused to sign the bilateral security agreement, a move that would have triggered an end to billions of dollars in foreign aid, upon which the government in Kabul relies heavily.



Wolverines of the 523rd Eng. Co. are using their scrapers at a demolition range during a three-month-long range maintenance project.

Eng: Wolverines complete projects

CONTINUED FROM A-1

them ready to deploy, perform construction operations and succeed at a varied set of missions. Each project had a unique set of requirements and challenges for the unit leadership to work through.

“The unit did an outstanding job, and every-

one remained flexible and motivated throughout the projects,” said Sgt. 1st Class Abu Sesay, senior enlisted leader, 2nd Platoon. “We were able to perform (job) tasks, and everyone learned something. That made the success of these missions even better.”

(Editor’s note: Myers leads the 2nd Plt., 523rd Eng. Co., 84th Eng.)

‘Ready and Able’ Battalion welcomes new leader

Story and photos by
STAFF SGT. JOSEPH VINE
9th Mission Support Command Public Affairs

FORT SHAFER FLATS — Lt. Col. Dragomir Marinkovich took command of the 411th Engineer Battalion, 9th Mission Support Command, from outgoing commander Lt. Col. Samuel Membrere, during a ceremony, here, May 18.

Pacific Army Reserve Soldiers, family members, retirees and guests gathered for the ceremony presided over by Brig. Gen. John Cardwell, commander, 9th MSC.

The unit colors were passed from Membrere to Marinkovich.

Marinkovich, a prior enlisted Soldier with 25 years of service, spoke with nostalgia after he took command of the battalion.

“I remember my first battalion formation,” he said. “I was a private first class, and it was a very humbling experience for me. Fast forward 25 years, and I am equally humbled to be given the opportunity to command the 411th Eng. Bn.

“Not only am I humbled,” Marinkovich said, “but also honored to be selected to lead a battalion with such a long history of success. I am honored to be given the opportunity to continue those successes and to forage new ones.”

Cardwell welcomed Marinkovich and his family to the 411th Eng. Bn. and the 9th MSC.

“Soldiers of the 411th,” Cardwell exclaimed, “you are gaining one heck of a commander. Lt. Col. Marinkovich is a combat proven leader and a great engineer. He has excelled in leadership positions as a platoon leader, executive officer, company commander and operations officer.”



Lt. Col. Dragomir Marinkovich (left), incoming commander, 411th Eng. Bn., 9th MSC, accepts the command colors from Brig. Gen. John Cardwell, commander, 9th MSC, during a change of command ceremony, May 18.

Marinkovich has been on five overseas training missions and one deployment in support of Operation Iraqi Freedom during his Army Reserve career. He holds a bachelor’s, master’s and doctorate degrees in mechanical engineering, and currently serves as an associate dean in the School of Technology and Applied Sciences at the

Milwaukee Area Technical College. He also holds a total of 13 patents.

Cardwell charged Marinkovich for the well-being of the Soldiers in the 411th Eng. Bn.

“Take care of their needs, train them for the challenges ahead and continue to build on their great legacy,” he said. “For everything we do, it is



Lt. Col. Dragomir Marinkovich, incoming commander, 411th Eng. Bn., 9th MSC, addresses his troops during the change of command ceremony.

all about these great Soldiers, for it is upon their deeds that all of us as leaders must depend for our success.”

Marinkovich commended his predecessor during the ceremony, acknowledging that he had some very big shoes to fill. He congratulated Membrere on a job well done during his three-year stint as commander.

Membrere will continue to serve in the Pacific Army Reserve and was recently selected to attend the resident U.S. Army War College at Carlisle Barracks, Pa.

NEWS Briefs

Send announcements for Soldiers and civilian employees to news@hawaiiarmyweekly.com.

June 2 / Monday

Community Information Exchange — Garrison directors and key service providers give monthly information briefs on upcoming events of community interest, 10 a.m., June 2, at the Nehelani, for Oahu North, and 9 a.m., June 4, at Hale Ikena for Oahu South. This new forum replaces the monthly Spouse Information Meeting and is open to all who wish to attend.

13 / Friday

Army Birthday — Join the 239th Army Birthday Commemoration at the Hilton Hawaiian Village in Honolulu. The party begins at 5 p.m. with refreshments; the formal portion kicks off at 6 p.m. This year’s theme is “America’s Army: Our Profession.”

For ticket information, contact your unit representative or Kole Miller at 438-9761.

Check out other Pacific Theater Army Week

activities at www.facebook.com/USARPAC?ref=hl#!/pages/Pacific-ArmyWeek/109800352559321?fref=ts.

July 14 / Monday

Safety Signup — U.S. Army Medical Command will conduct a Safety and Health Management System Course, July 14-16, at Schofield’s Bldg. 3004, 1554 Lyman Rd.

This training provides an overview of MEDCOM’s implementation of a safety management system (SMS) based on OSHA’s Voluntary Protection Program criteria. It includes information that will be necessary to understand within the Army as the Army begins deployment of its Safety and Health Management System in October.

The course will also provide information on the successes and opportunities for improvement that MEDCOM has faced as it’s implemented an SMS corporately. Some of the classes include trend analysis, OSHA recordkeeping and SMS criteria.

Additional/collateral duty safety officers are invited to attend. Class size is limited. Call 655-4243/4245.

Ongoing

DeRussy — The completion date for repairs at the U.S. Army Museum of Hawaii, Fort DeRussy, has been extended. The project

will require a revised closure of the museum exhibit areas until June 16. However, the museum store and the Gallery of Heroes on the 2nd floor remain open, weekdays, 9 a.m.-3:30 p.m.

ITR — Family and Morale, Welfare and Recreation’s Information, Ticketing and Registration office often has the best deals on entertainment and attractions. Visit www.himwr.com/index.php or call 655-9971 or 438-1985.

Also, visit AKO’s “Slick Deals for Service Members” page for Armywide programs.

GAT Going — Civilian employees are encouraged to try a new, voluntary and confidential online self-development platform now available Armywide, with resources tailored to fit not only Soldiers and their families, but Army civilians, as well. It is called ArmyFit (the new Global Assessment Tool 2.0). Visit <https://armyfit.army.mil/> or go to www.hawaiiarmyweekly.com for more information.

Jet Set — TSA airport prescreening has become available for DOD civilians. Pre✓™ is a voluntary, expedited security screening process offered at 100 domestic airports that allow participants to keep on their shoes, belt and light jacket, and to leave laptops and 3-1-1 compliant liquids in their carry-on bags. The program is open at no cost to service members and is now for DOD civilians with a valid CAC.

June & July changes of command

U.S. ARMY GARRISON-HAWAII
Public Affairs

The Army Hawaii community is invited to attend upcoming changes of command ceremonies.

The change of command ceremony is a time-honored tradition that formally symbolizes the continuity of authority when a command is passed from one commander to another.

The ceremonies, below, will take place at Weyand Field, Schofield Barracks, unless otherwise noted.

Times listed are start times for the change of command or responsibility.

Leadership changes

•June 16 at 10 a.m. for 2nd Battalion, 25th Infantry Regiment, 2nd Stryker Brigade Combat Team, 25th ID. Lt. Col. James B. Bartholomees will relinquish command to Lt. Col. Ryan P. O’Connor.

•June 17 at 10 a.m. for 2nd Battalion, 27th Infantry Regiment, 25th Combat Aviation Battalion, 25th ID. Lt. Col. Barrett M. Bernard will relinquish command to Lt. Col. Kevin J. Williams.

•June 18 at 10 a.m. for 3rd Squadron, 4th Cavalry Regiment, 3rd Brigade Combat Team, 25th ID. Lt. Col. David Zinn will relinquish command to Lt. Col. Daniel K. Mark

•June 19 at 10 a.m. for 3rd Brigade Special Troops Battalion, 3rd BCT, 25th ID. Lt. Col. Jonathan P. White will relinquish command to Lt. Col. Michael R. Binetti.

•June 20 at 10 a.m. for 325th Brigade Support Battalion, 3rd BCT, 25th ID. Lt. Col. Irving H. Cross will relinquish command to Lt. Col. Patrick A. Disney.

•July 10 at 10 a.m. for 500th Military Intelligence Brigade. Col. William J. Mangan will relinquish command to Col. Patrick J. Wempes.

(Editor’s Note: Information listed is subject to change due to inclement weather. Contact the unit for more details.)



Today

Speed Bumps — A full road closure of Schofield’s Leilehua Avenue at a portion near Kline and a portion near Baldwin begins; it’s scheduled to finish June 23.

June 24-July 17 will see one more full road closure fronting Bldg. 645.

31 / Saturday

East Range — An East Range project consists of demolition and removal of old existing valves and pipe sections and the installation of new piping. Due to the complexity of this retrofit, multiple outages will take place that will affect customers who depend on these water mains.

All buildings on East Range from the wash rack to Bldg. 6065 will be affected. Tentative dates follow:

- Saturday, May 31, 6 a.m.-6 p.m.
- Tuesday, June 3, 6 a.m.-noon.
- Thursday, June 5, 6 a.m.-noon.
- Saturday, June 7, 6 a.m.-6 p.m.
- Monday, June 9, 6 a.m.- noon.

Leileihua Golf Course should not be affected.

June 1 / Sunday

Pali Closure — HDOT advises of a full closure of the Pali Highway in the Honolulu-bound direction between Kamehameha Highway and Waokanaka Street, 7 a.m.-3 p.m., for emergency maintenance of tunnel light fixtures. Honolulu-bound motorists are advised to use the H-3 Freeway or Likelike Highway as alternate routes, to adjust their commute times

Traffic Report lists detours, limited routes, construction and noise advisories received by press time from the Army and the Hawaii Department of Transportation (HDOT). Motorists in affected areas are advised to use caution and to expect delays.

For an up-to-date list of Army traffic advisories, visit www.garrison.hawaii.army.mil/info/trafficalendar.htm. Unless otherwise noted, all phone numbers are 808 area code.

and to expect delays.

2 / Monday

WAAF Road Closure — Work on Santos Dumont Road and Warhawk Place (currently in progress) will close Santos Dumont on Wheeler Army Airfield.

SB Road Closure — There will be a full road closure of Lyman Road between Mellichamp Road and Trimble Road for construction at the central vehicle wash facility, until July 2, on Schofield Barracks.

Local access to South Range and the motor pool will be permitted via Lyman Road from the Mellichamp Road side. No walkway/jogging path will be maintained along Lyman Road.

3 / Tuesday

No Juice — There will be an electrical outage, 7:30 a.m.-3:30 p.m., affecting tenants on Fort Shafter’s Loop Road. This will be the first of two outages related to a flood mitigation project. The 9th Regional Support Command at Fort Shafter Flats will not be impacted.

9 / Monday

Park Place — A maintenance and repair project of a duct line from manholes MH-60 (next to Glennan Road, Bldg. 689) to MH-004 (Quad F parking lot) will require a parking lot closure next to Bldg. 689 and partial closure of the parking lot next to Quad F until June 18.

10 / Tuesday

Kunia Gate — There will be a 24-hour road closure on Wright Avenue exiting out of Wheeler from today through July 7. The work

will be done in two phases.

- Phase 1 will be working on the Kunia Gate exit-bound lane on Wright Avenue through June 13.
- Phase 2 will be working on the Kunia Gate inbound lanes on Wright Avenue from June 16-July 7. Vehicles from Lyman Gate, Schofield, will be contra flowed to the exit-bound lane to enter Wheeler. All vehicles exiting WAAF will be detoured to Kawamura Gate.

14 / Saturday

Lane Closures — A closure takes place at Trimble and Carpenter intersection, Schofield Barracks, in order to perform traffic signal modifications. A lane will always be open in all directions during construction.

Lane closures will be in effect from June 14 to July 11. Work hours are Monday-Friday, from 9 a.m.-2:30 p.m., and Saturday and Sunday, from 8 a.m.-4:30 p.m.

All lanes will be covered with steel plates and reopen after working hours.

23 / Monday

Last Time — Lane control will be implemented along Shafter’s Rice Street, between Herian Place and the Rice Street Bridge/Stream, 7 a.m.-5 p.m., during the final phase of underground utility installation.

30 / Monday

Takata Field — A contractor will be installing telecomm duct lines on Fort Shafter’s Takata Field. The parking lot adjacent to the field will remain closed.

Ongoing

Road Closed — There are full road closures at Fort Shafter Flats’ Loop and Annex roads for utility and flood mitigation structures installation.

Loop Road will be closed in both directions, from the Loop and Stream roads intersection to just west of the gate for Bldg. X1508.

The primary detour for Loop Road will be Mokumoa Street. Annex Road will be closed in both directions, from the Loop and Stream intersection to Signal Street and Stream.

Observer/controllers ensure 2nd SBCT success at NTC

SGT. 1ST CLASS ADAM PHELPS AND SGT. DANIEL JOHNSON
2nd Stryker Brigade Combat Team
Public Affairs, 25th Infantry Division

FORT IRWIN, Calif. — During National Training Center (NTC) rotation 14-07, spanning from the second half of May, observer/controllers (OC) provided the critical eye needed to make the vast improvements expected from a rotation at the most intense and realistic training environment in the world.

The role of the OC is to provide an external review of the unit’s performance, identify ways the unit can train better and improve standard operating procedures.

“We act as a mirror for the brigade. For my job, in particular, I’ll serve as a mirror for the Signal Intelligence (SIGINT) Platoon’s platoon leader and platoon sergeant,” said Sgt. 1st Class Brad Oberklaus, lead SIGINT trainer with the Sidewinder Team, NTC.

“I give them feedback on what I’m seeing from the outside. There are a lot of times (that) your own mechanisms, you’ve put in place, will work in your eyes, but from the outside, you might see a couple hitches here and there,” Oberklaus said.

Being an OC has its own challenges, as changing a long-standing mindset can present its own difficulties.

“Every brigade is different, because every one I have mentored has had different levels of experience, but overall, everyone has been receptive to the feedback,” said Oberklaus. “There will be resistance at first; that’s inevitable,



Sgt. 1st Class Adam Phelps, 2nd Stryker Brigade Combat Team Public Affairs, 25th Infantry Division

Sgt. 1st Class Brian Clark (left) and 1st Lt. Christina West (center), both SIGINT platoon leaders with 2-14th Cav., 2nd SBCT, 25th ID, work with Sgt. 1st Class Brad Oberklaus, lead SIGINT trainer with Sidewinder Team, National Training Center, on improving their operating procedures during their rotation, May 23.

because units are set in their ways. But as they carry on throughout the rotation, they start to see that doctrinally there are better ways to doing things.”

“The availability that the OCs pro-

vide whenever I have a question, specifically when not coming from a strong SIGINT background, is helpful,” said 1st Lt. Christina West, SIGINT platoon leader, 2nd Squadron, 14th Cavalry Regiment, 2nd Stryker

Brigade Combat Team. “I am able to pick their brains and understand much more of the scope of their field of specialty.”

This rotation is different from rotations that were conducted over the

last decade. The NTC has recently transitioned from a Counter Insurgency (COIN) training regimen to a Decisive Action (DATE) training plan.

“We recently made a change from COIN rotations to DATE rotations,” said Oberklaus. “COIN being counterinsurgency and DATE being decisive action, more force on force, Army versus Army, rather than insurgency.”

“For a long time, we have operated in a digital fight; now we are going back to this force-on-force, DATE rotation-style fight. Having that physical checklist is something we have really taken to heart to increase our readiness,” said Sgt. 1st Class Brian Clark, SIGINT platoon senior enlisted leader, 2-14th Cav.

“What we get to do here is shift units’ mindset of COIN operations to DATE operations — which is pretty important given how things are going,” said Oberklaus. “I think our job to get units to accept the DATE mindset is the most important thing.”

This type of training is the most intense training a unit can receive without actually deploying.

“It (NTC) helps our teams operate individually in supporting the battalions, instead of just as a platoon and company level field training exercise. ... It helps us to test all of our equipment to its full capabilities,” said Clark.

The rotation continued to press the limits of the Warrior Brigade as it headed into force-on-force training during the last week to prepare the brigade for contingency operations in the Pacific.

Chaplain treats mind and soul

SGT. 1ST CLASS ADAM PHELPS AND SGT. DANIEL JOHNSON
2nd Stryker Brigade Combat Team Public Affairs
25th Infantry Division

FORT IRWIN, Calif. — With combat operations, tactical movements and intelligence gathering happening simultaneously, sometimes it is easy to forget the individual hardships each Soldier faces.

That is when the chaplain’s role becomes instrumental.

As the warriors of the 2nd Stryker Brigade Combat Team practiced force-on-force operations at the National Training Center, here, stress levels were running high and Chaplain (Maj.) David R. Schlichter, 2nd SBCT, provided them a safe place to vent their hardships.

“It’s just the two of us, and we’re out in the shade of the water buffalo. It’s a confidential environment,” said Schlichter. “Everything that is said between the two of us is sealed until my death, no matter what it is. So, Soldiers frequently feel very refreshed.”

“It relieves the stress that’s building up inside everyone. It’s a pressure release valve almost,” said Spc. Russell S. Guercio, Signal Intelligence specialist, 2nd Squadron, 14th Cavalry Regiment, 2nd SBCT. “They can kind of somewhat recharge for five minutes talking to him, getting their minds

off the task at hand. It’s like a refresher, a breath mint for the brain.”

Sometimes overlooked as a source of mental care, the brigade chaplaincy provides a range of services for Soldiers. Providing religious support and advising the commander are the chaplain’s functions, but he does that in multiple ways, said Schlichter.

“We care for the living,” said Schlichter. “That’s a real passion of mine, because I love my Soldiers, and whether it’s combat stress, just the field environment, leadership issues or being away from home. I deal in the human factor, whatever that Soldier has or whatever they’re dealing with, I’m going to meet them with strength and encouragement, and bring some wisdom and counsel to build them up.”

“Levity,” said Guercio. “He can make someone smile when they’re having a bad day, so bringing a somber mood to a lighter mood. Also, if someone is really down and really has problems, he is someone safe to talk to.”

For those who see the chaplain first as a religious leader, that isn’t necessarily the case. Meeting the Soldiers at a human level is the key.

“Regardless of your faith background, I want to meet you first as a human, and then I will typically ask ‘What’s your first name?’ And in that setting, with just the two of us, I will be Dave and you will



Sgt. 1st Class Adam Phelps, 2nd Stryker Brigade Combat Team Public Affairs, 25th Infantry Division

Chaplain (Maj.) David Schlichter (right), 2nd SBCT, 25th ID, prays with Spc. Russell Guercio, Signal Intelligence specialist, 2-14th Cav. Regt., 2nd SBCT, during the force-on-force portion of the National Training Center rotation, Friday.

be Adam, and it takes that rank off, and it breaks it down,” explained Schlichter. “I’m going to meet you as a human being. It’s going to change how

they process things, how they handle things — they are now stronger and more equipped than they were before.”

Warriors mentored for motorcycling

Experienced riders mentor younger motorcyclists

LIANA KIM
311th Signal Command (Theater)
Public Affairs

FORT SHAFTER — Nearly 200 participants representing several dozen U.S. Army-Pacific units rallied with their motorcycles on Palm Circle Parade Field and prepared for a Motorcycle Mentorship ride



Spc. Nikko Matos, 311th Signal Command (Theater) Public Affairs

Motorcycles rumbled onto Palm Circle Parade Field, May 22, in preparation for a Motorcycle Mentorship Ride around the island. Hosted by USARPAC, the ride was part of the Army’s “100 Days of Summer” safety campaign, which focuses leaders’ emphasis on measures to reverse the trend of increased motorcycle and other accidental fatalities.

around the island to build esprit de corps and focus on safety, May 22.

Hosted by USARPAC, the ride started and ended, here, as part of the Army’s “100 Days of Summer” safety campaign.

“Four days from now, the summer season will begin, during which our off-duty accident rates within the Army tend to increase exponentially,” said Dan Clark, safety officer, 311th Signal Command (Theater). “Also, motorcycle fatalities are up 58 percent this fiscal year from 2013.

“This event provides unit leaders a forum to front-load the summer season safety by active involvement in their Motorcycle Mentorship programs, which target the high-risk area of off-duty motorcycle operations,” Clark added.

Prior to the ride, the bikers inspected and showed off their motorcycles, enjoyed the company of other bikers, heard from Army leaders, received a safety brief and won raffle prizes. The 311th SC(T) Headquarters and Headquarters Company family readiness group brought refreshments for participants.

“Our 100 days of Summer Safety Campaign, which begins on Memorial Day and goes through Labor Day, provides an opportunity for an increased leader emphasis on measures to reverse the trend of increased motorcycle and other accidental fatalities we have seen in the past year,” said Gen. Vincent K. Brooks, commander, USARPAC. “The Motorcycle Mentorship Program focuses on individual responsibilities in safe motorcycle operations and provides an opportunity for seasoned riders to mentor and share their accident prevention knowledge with each other, as well as new motorcycle operators.”

Aside from the bonding and esprit de corps, Soldiers who participated relayed a strong message of motorcycle safety to each other and drivers along their route. Prior to departure, riding mentors checked participants’ road wear, motorcycles and paperwork to ensure Soldiers were in compliance to ride safely.



Off-duty fatalities on the rise

ARMY NEWS SERVICE
News Release

The Army will begin its annual observance of National Safety Month, Monday, and senior leaders are encouraging Soldiers, civilian employees and their family members to use the time to focus on mitigating summer-time risks.

Off-duty Army accidents and fatalities typically rise during late spring and early summer as compared to other times of the year, according to data from the U.S. Army Combat Readiness/Safety Center.

“Safety is obviously a year-round imperative, but National Safety Month is a great opportunity for leaders to highlight common seasonal hazards,” said Brig. Gen. Timothy J. Edens, director of Army Safety and commander, USACR/Safety Center. “This is especially important as we’re beginning summer, which generally offers greater access to off-duty activities and the risks that come with them.”

While accidental fatalities remain down Armywide, thus far in fiscal

2014, both motorcycle and personnel injury-other deaths are up compared to last year’s numbers. Increases in water-related fatalities and falls are largely responsible for the trend, Edens said.

“Accidental drownings and falls while climbing or hiking are good examples of the kinds of risk we’re trying to get at with summer safety awareness,” he explained. “Those are activities unique to warmer weather. Very few Soldiers are swimming or hiking in the mountains with snow on the ground.”

The same concept applies to motorcycle safety. With winter just ending in much of the country, leaders are concerned this could be a difficult and deadly riding season.

“NCOs must ensure their riders are trained to standard, up to date on their training and licensing requirements, and equipped to ride as safely as possible this summer, because skills will be rusty,” said Sgt. Maj. of the Army Raymond Chandler. “The standards don’t fall by the wayside just because a Soldier is off duty.”

PTA

POHAKULOLOA TRAINING AREA, HAWAII

Firefighters muster for heated competition

U.S. ARMY GARRISON-POHAKULOLOA
Public Affairs

PŌHAKULOLOA TRAINING AREA, Hawaii — The second Hawaii Island Fireman’s Muster was hosted, here, for more than 30 firefighters and their families, May 17.

The muster featured a series of friendly individual and team competitions designed to build rapport and camaraderie between local firefighters.

Participating agencies included PTA’s Fire and Emergency Services, the Hawai’i County Fire Department and its volunteer firefighting companies, and the Department of Transportation’s Aircraft Rescue and Firefighters.

“I think the Firemen’s Muster is a phenomenal way to team build for joint operations,” said John Bertsch, volunteer fire captain, Company 7B, Hawaii Fire Department.



A USAG-P firefighter wields a sledghammer on the obstacle course at the Fireman's Muster.

Some of the events the firefighters participated in included these:

- Midnight Alarm.** Teams were “woken up” to race against the clock to don their gear and run to a simulated emergency site.
- Bucket Brigade.** Teams worked together to move buckets of water without spilling them.
- Tug of War.** Firefighters tested their strength and stamina against each other.
- Firefighter Challenge.** Firefighters flexed their muscles in an obstacle course challenging their firefighting prowess.

“This is what it is all about: the friendship, the fun, the sharing of ideas and the bond that holds us together,” said assistant fire chief John Vierra, USAG-P Fire and Emergency Services. “I love this stuff.”

Keiki in attendance also had the chance to test their future firefighting skills in youth versions of the Midnight Alarm and Bucket Brigade events.

“This is a great way to build mutual respect and friendships between responders,” said Garrett Kim, fire captain, Honoka’a, Hawaii Fire Department. “It is a way to come together in a fun way, not at an emergency incident.”



Photos courtesy U.S. Army Garrison-Pohakuloa

A USAG-P firefighter drags a heavy, simulated victim to safety during the Firefighter Challenge portion of the muster.



Firefighters with USAG-P Fire and Emergency Services work together to move buckets of water along as part of the Bucket Brigade challenge, May 17.

USAG-P fire cap is recognized

Mateo honored as PTA’s Employee of the Quarter recently

U.S. ARMY GARRISON-HAWAII
Public Affairs

PŌHAKULOLOA TRAINING AREA, Hawaii — Hilo native and Pohakuloa Training Area fire captain Calvin Mateo was recently honored in a town hall meeting as Employee of the Quarter for his outstanding contributions.



Mateo

Mateo made many contributions at PTA by leading and directing emergency response incidents and safeguarding emergency responders under his control. He has personally assisted with improving the living conditions and morale of firefighters assigned to the installation.

“Calvin has such a positive demeanor. Everyone is happier when he is around,” said John Vierra, assistant fire chief of operations and Mateo’s supervisor.

Mateo has also responded to numerous off-post fires and accidents on the island through a mutual agreement with the Hawaii Fire Department.

“Calvin truly is one of the very best. He is looked up to by not just the firemen, but everyone who works at PTA because of his work ethic, attitude and humbleness,” said Lt. Col. Eric Shwedo, commander, PTA.

Mateo has been an invaluable part of the PTA family for 20 years and continues to contribute to his ever-changing career field.

Seeking Balance

Sleep
NUTRITION
Activity



Sgt. Jesse Untalan; 8th Theater Sustainment Command Public Affairs

SCHOFIELD BARRACKS — Staff Sgt. Chelsea Woidill, 45th Sustainment Brigade, 8th Theater Sust. Command, checks her points on a map during the nighttime urban orienteering portion of the 8th TSC's 2014 Best Warrior Competition, here, recently.

‘Performance Triad’ becomes a new health strategy

CAPT. SHERYL R. MILFORD

U.S. Army Health Clinic Schofield Barracks

SCHOFIELD BARRACKS — The Performance Triad is an Armywide initiative guided by Army Medicine in support of the Army's Ready and Resilient Campaign (R2C) to optimize personal and unit performance, resilience and readiness.

The intent is for the impact of the campaign to not just occur in the health clinic, but in the “lifespace” of all individuals.

The triad aims to reach not only active duty Soldiers, but Reserve and National Guard units, pre-retirees, retirees, Department of the Army civilians and family members — all part of the Army community.

Program Goals

On average, health care providers spend 20 minutes at each encounter with patients, approximately five times per year. An average of 100 minutes is a small fraction of time to impact an individual's health choices.

The rest of the year — 525,500 minutes — is an individual's lifespace, in between health care appointments, where the majority of choices that impact health and life are made.

Army Medicine wants to reach beyond clinics and medical treatment facilities to positively impact choices on the key Performance Triad components: sleep, activity and nutrition.

Regardless of the role an individual has in the Army community, or his or her age, a balance of sleep, activity and nutrition is essential for all to build and sustain health. Each component is independently important, but optimum performance, readiness and resilience are attained when all three are addressed simultaneously.

Main Program Elements

Some of the key messages for each component of the Performance Triad follow.

Sleep

Aim for seven to eight hours of sleep per night.
Stop caffeine at least six hours prior to bedtime.
Finish exercise or physical activity three hours before bedtime.
Do not drink alcohol before bedtime.
Maintain a consistent routine, that includes a fixed wake-up time.

Activity

Decrease prolonged sitting.
Move at least 10 minutes every hour and aim to walk 10,000 steps per day.

Vary workouts to include strength training, endurance, balance, agility and coordination. Engage in dynamic warmups prior to exercise.

Do not wait to treat injuries; see your health care provider as soon as injury occurs.

Nutrition

Focus on whole foods.
Stay hydrated and monitor status.
Choose quality foods for optimal fueling.
Be informed about making safe, dietary supplement choices.
Practice portion control.

Program Beginnings

Army Medicine started a Performance Triad Pilot in September of 2013 at battalions on Joint Base Lewis-McChord, Fort Bliss and Fort Bragg. Education and training on the Performance Triad was conducted and is currently being tracked with the use of technological tools to include personal fitness devices, apps and websites.

Though the pilot is still in progress, due to positive response and feedback, the Performance Triad is being deployed across the Army. The Pacific Region Medical Command will have a Performance Triad kickoff the first week in June at both Tripler Army Medical Center and U.S. Army Health Clinic Schofield Barracks.

A big part of the kickoff will include the initiation of the Performance Triad 26-week challenge.

Individuals are challenged each week to change or improve their behaviors in each component of the triad, simultaneously to enhance health, performance and resiliency.

(Editor's note: Milford is chief of the Schofield Barracks Nutrition Clinic.)

Triad Online

More information on the Army's Performance Triad can be found at this website:

<http://armymedicine.mil/Pages/performance-triad.aspx>.

Other websites and apps to assist with the Performance Triad challenge include these:

- H.E.A.L.T.H. is a Web and smart phone app that assists in promoting nutrition and exercise. Register at <http://armyhealth.pbrc.edu>.

- Army Fit is part of the Comprehensive Soldier and Family Fitness (CSF2) website that provides health and wellness information at <https://armyfit.army.mil/>.

- DOD's Operation Live Well site has multiple tools and resources to assist with multiple health and wellness components at www.health.mil/livewell.

Tripler, Schofield Barracks health clinics launch initiative

CAPT. JOSHUA GSCHIEDMEIER AND ANA ALLEN

Pacific Regional Medical Command

HONOLULU — The Surgeon General's Performance Triad initiative will officially kick-off June 2-6 at Tripler Army Medical Center (TAMC), here, and at the U.S. Army Health Clinic Schofield Barracks.

Lt. Gen. Patricia D. Horoho, the Surgeon General and commanding general, U.S. Army Medical Command, developed this Armywide initiative to help Soldiers, family members and retirees obtain a better lifestyle through three important components: activity, nutrition and sleep.

“We have a tremendous opportunity to really invest in our service members that are willing to give so much to our nation,” said Horoho during a recent Soldiers Update interview.

“So, we are looking at increasing their health literacy, because I believe, if people's knowledge is increased, they'll make the right decisions that will optimize their performance and their ability to complete their mission,” she said.

During the weeklong kickoff, TAMC and the Health Clinic Schofield Barracks will offer a wide array of events, such as information

booths, line dancing and a fun run/walk, ending with a Zumba lesson and an Insanity Workout session.

“This event is a great opportunity for service members and families to renew their commitment to health,” said Lt. Col. Kylee Plummer, Army Public Health Nursing chief at TAMC.

“The Performance Triad isn't a diet fad that will come and go. It's a way of living based on solid health principles that you can incorporate into your routine. We are excited to speak to the Hawaii military community about how to get started.”

Also included in the kickoff of the Perfor-



Learn More

For a full list of kickoff events, visit facebook.com/TriplerArmyMedicalCenter and facebook.com/usahc.schofieldbarracks.

More information can be found on the Army's Performance Triad website at armymedicine.mil.

mance Triad is a sign-up for a 26-week health challenge, designed for participants to utilize tips, tools and trackers, so as to improve, enhance or even to start life-changing healthy habits.

Signups for the 26-week challenge will take place at 9 a.m., Monday, June 2, at TAMC, at the Oceanside entrance and at Soldier's Pavilion for the Health Clinic Schofield Barracks.

“Anyone who commits themselves to the 26-week challenge will not only develop healthy habits and traits, but will build upon these lessons for improving their health over the entire course of their lifetime,” said Capt. Sheryl Milford, chief of the Schofield Barracks Nutrition Clinic.



Briefs

31 / Saturday

SKIES Hula Classes — Hula classes are offered as follows:
•AMR, 8:30 a.m., Saturdays;
•Schofield, Hula 101, 9:15 a.m., 4 p.m. and 4:45 p.m.; and Intermediate, 5:30 p.m., Wednesdays.
Call 655-9818 for class availability or visit www.himwr.com.

June

1 / Sunday

Leisure Travel Services — The LTS has June specials on horseback riding, Sea Life Park and the Polynesian Cultural Center. Call 438-1985 (FS) or 655-9971 (SB).

New SKIES Unlimited AMR Studio — The studio is now open and offering classes in Lil Ninjas, Kenpo karate, Rock School, beginner dance, intermediate dance, hip hop and hula at the AMR SKIES Studio. Call 655-9818 for class availability or visit www.himwr.com.

2 / Monday

“Read to Me” — Registration and packet pickup begins June 2 for the summer reading program for children up to age 5. Program runs from June 9-July 12 for rewards program portion. For more details, contact USAG-HI FMWR libraries at 655-8002 (SB) or 438-9521 (FS).

Summer Reading Club — Registration and packet pickup begins June 2 for the summer reading club “Paws to Read!” for children, ages 6-12; teens, ages 12-18; and adults, 18 and older. Read one book a week and receive a weekly award while supplies last.

Program runs from June 9-July 12 for rewards program portion. For more details, contact USAG-HI FMWR libraries at 655-8002 (SB) or 438-9521 (FS).

Workweek Lunch — SB Kolekole Bar & Grill (655-4466) and FS Mulligan’s Bar & Grill (438-1974) offer daily lunch, 11 a.m.-1 p.m. Enjoy buffet-style or menu items.

Pau Hana Social Hour — SB Kolekole Bar & Grill hosts an after-work fun time, 4:30-6:30 p.m., Monday-Wednesday, and 4-6 p.m., Thurs-



Sarah Pacheco, Hawaii Army Weekly

A Soldier reads through the latest military-exclusive Marvel comic book, “Captain America: Divide and Conquer,” available now, for free, at the Schofield Exchange. (Photo has been altered from its original form; background elements have been removed.)

PX features free comic book

ARMY & AIR FORCE EXCHANGE
Public Affairs

SCHOFIELD BARRACKS — Once again, the United States must rely on patriotic Super Hero Captain America and his allies to save the country from impending doom in the latest military-exclusive comic book from Marvel, available for free at the Schofield/Hickam Exchange.

Written by William Harms with art by Tom Grummett, “Divide and Conquer” is the 17th military-exclusive edition from Marvel since 2005.

In the action-packed adventure, Captain America stealthily infiltrates a massive A.I.M. facility on a volcanic island near Antarctica. There he learns the evil super-genius M.O.D.O.K. plans to unleash a force of indestructible robots created from the secret metallic alloy of Captain America’s own shield.

To stop this catastrophic attack, Captain America teams up with the high-flying Falcon, the quick-striking Black Widow, and two elite squads of U.S. Army Rangers to put a stop to the threat. But can this hard-hitting dream team stop the malicious villain before it’s too late?

“If you couldn’t get enough of Cap, Falcon and Black

Widow in Marvel’s ‘Captain America: The Winter Soldier,’ this all-new adventure is crafted just for you,” said Marvel Custom Solutions Creative Director Bill Rosemann. “Everyone at Marvel is honored to have the opportunity to create new stories just for the brave men and women in the armed forces, so we packed every page with all the action, drama, humor and surprises you’ve come to expect from Marvel.

“And just to show you how much we want to entertain and impress you and your families,” Rosemann continued, “we hired legendary artist Mark Bagley to draw the cover! And don’t forget, it’s an exclusive military-only edition. Talk about an instant collector’s item!”

“The Exchange always looks forward to partnering with Marvel to bring exclusive comics to military shoppers,” said the Hawaii Exchange General Manager Floyd Wynn. “As always, the free comics will be made available on a first-come, first-served basis, so we encourage you to pick one up as soon as possible at the Schofield and Hickam main store.”

One million issues of Marvel’s “Divide and Conquer” were distributed to Exchange locations worldwide.

day-Friday. Enjoy discounted appetizers and domestic draft beverages. Call 655-4466.

Mongolian Barbecue — Select your favorites from a large variety of meats and vegetables, 5 p.m., every

Monday, at SB Kolekole Bar & Grill, and grilling will be to your liking. Cost is 65 cents for each ounce.

3 / Tuesday

SKIES Unlimited Rock School — Schofield SKIES Studios offers gui-

tar, drums and keyboard instruction, Tuesdays, for 7-18 year olds, Wednesdays, 3 p.m., at AMR.
Classes are open to CYS registered

See FMWR Briefs, B-4

community
Calendar

Send announcements a week prior to publication to community@hawaiiarmyweekly.com.

Today

Hurricane Exercise — USAG-HI is conducting its annual hurricane exercise May 28-June 4. Makani Pahili is a joint armed forces exercise to prepare Army installations for the hurricane season, from June 1 to Nov. 30. Its goals are to test disaster preparedness plans/procedures, alert procedures/communications systems and the Family Assistance Center and SB Martinez Gym shelter.

All residents can expect to see and hear “Exercise-Exercise-Exercise” alerts and announcements from mass notification/giant voice systems, from community/operational bulletins and from other websites during the exercise. Patience, understanding and support are requested during this important exercise.

For family hurricane preparedness information, see the page A-2 story.

31 / Saturday

Hawaii Pops Season Finale — A dinner, dance and concert at the Hawaii Convention Center Ballroom

begins at 8 p.m., May 31. Individual ticket prices begin at \$35 and are available for purchase at www.hawaiipops.com, the Honolulu Box Office at <http://honolulubox.office.tix.com/> or by phone at 550-8457.

AFCEA Scholarships — Armed Forces Communications and Electronics Association Educational Foundation Hawaii Merit Scholarship Award applications are now available. Deadline to apply is May 31. Email Info@AFCEAHIEducationFoundation.org or call 479-4705.

June

2 / Monday

Community Information Exchange — Garrison directors and key service providers give monthly information briefs on upcoming, big events of community interest, 10 a.m., June 2, at the Nehelani, for the North community, and 9 a.m., June 4, at Hale Ikena for the South community. This new forum replaces the monthly Spouse Information Meeting and is open to all who wish to attend.

6 / Friday

First Friday Street Festival — Honolulu Chinatown area galleries and other arts venues open their

doors, 5-9 p.m., for artist receptions, live music and refreshments. Events are free, and gallery walk maps are available at various locations. Visit www.artsatmarks.com or call 521-2903.

13 / Friday

Pan-Pacific Hoolaulea — This special three-day celebration, June 13-15, includes a huge Friday night block party, a hula festival and a grand parade along Kalakaua Avenue in Waikiki. Visit www.pan-pacific-festival.com.

14 / Saturday

King Kamehameha Day Parade — This colorful celebration begins 9 a.m. and moves down King Street to Punchbowl, then moves into Waikiki via Ala Moana Boulevard. A Hoolaulea follows, 10 a.m.-3 p.m. at the Gateway Park. The events honor the reign of King Kamehameha, who was responsible for uniting the Hawaiian Islands under his rule in 1795.

17 / Tuesday

U.S. Army Museum of Hawaii — The Fort DeRussy Museum reopens to the general public, June 17, after maintenance and repair temporarily closed the facility. The museum store, however, is open during repair work, Monday-Friday, 9 a.m.-3:30 p.m., on the east side of Bldg. 32, during construction. Call 942-0318.

Ongoing

Vehicle Registration

The City and County of Honolulu satellite vehicle registration office at Joint Base Pearl Harbor-Hickam is open for business 9 a.m.-4:30 p.m., Tuesdays and Thursdays, at 915 North Rd., Bldg. 1314, in the Club Pearl Complex. The service is open to all military personnel, their family members and civilians from all military bases with base access.

Veterinary Treatment Facility

The renovated SB Veterinary Treatment Facility is now seeing patients five days a week. Book an appointment for the new Wellness Package for affordable preventative care or to obtain a mandatory airline health certificate within 10 days of travel out of Oahu. Call 655-5893 or 655-5889.

Freeway Service Patrol

This service is operating on Hawaii’s freeways and is sponsored by the State Department of Transportation, the Honolulu Police and Fire departments, and Emergency Medical Services. The free service provides assistance to stranded motorists by changing flat tires, jump-starting vehicles, refilling radiators, making certain temporary repairs and providing an emergency gallon of gasoline. Call 841-4357.

worship
Services

Additional religious services, children’s programs, educational services and contact information can be found at www.garrison.hawaii.army.mil. (Click on “Religious Support Office” under the “Directorates and Support Staff” menu.)

- AMR: Aliamanu Chapel
- FD: Fort DeRussy Chapel
- HMR: Helemano Chapel
- MPC: Main Post Chapel, Schofield Barracks
- PH: Aloha Jewish Chapel, Pearl Harbor
- SC: Soldiers’ Chapel, Schofield Barracks
- TAMC: Tripler Army Medical Center Chapel
- WAAF: Wheeler Army Airfield Chapel

Buddhist Services

- First Sunday, 1 p.m. at FD
- Fourth Sunday, 1 p.m. at MPC Annex

Catholic Mass

- Thursday, 9 a.m. at AMR
- Saturday, 5 p.m. at TAMC, WAAF
- Sunday services:
 - 8:30 a.m. at AMR
 - 10:30 a.m. at MPC Annex
 - 11 a.m. at TAMC
- Monday-Friday, 11:45 a.m. at MPC and 12 p.m.TAMC

Gospel Worship

- Sunday, noon. at MPC
- Sunday, 12:30 p.m. at AMR

Islamic Prayers and Study

- Friday, 1 p.m. at MPC Annex
- Friday, 2:30 p.m., TAMC
- Saturday and Sunday, 5:30 a.m.; 6, 7 and 8 p.m. at MPC Annex

Jewish Shabbat (Sabbath)

- Friday, 7:30 p.m. at PH

Pagan (Wicca)

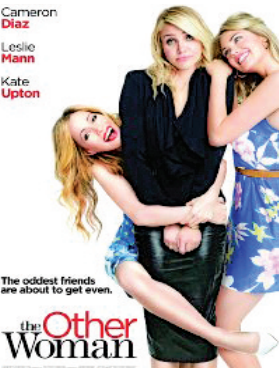
- Friday, 7 p.m. at MPC Annex Room 232

Protestant Worship

- Sunday Services
 - 8:45 a.m. at MPC
 - 9 a.m., at FD, TAMC chapel
 - 10 a.m. at HMR
 - 10:30 a.m. at AMR
 - 10:45 a.m. at WAAF (Spanish language)
 - 11 a.m. at SC (Contemporary)
- Liturgical (Lutheran/Anglican)
- Sunday, 9 a.m. at WAAF

This Week at the
MOVIES
Sgt. Smith Theater

Call 624-2585 for movie listings or go to aaqfes.com under realtime movie listing.



The Other Woman

(PG-13)
Fri., May 30, 7 p.m.
Thurs., June 5, 7 p.m.



Edge of Tomorrow

(PG-13)
Sat., May 31, 7 p.m.

Studio Appreciation
Advance Screening
Free Admission

Tickets available at the SB Exchange Food Court. Open seating to non-ticket holders at 6:30 p.m.

Rio 2

(G)
Sun., June 1, 2 p.m.

No shows on Mondays, Tuesdays or Wednesdays.

Calendar abbreviations

- 8th TSC: 8th Theater Sustainment Command
- 25th ID: 25th Infantry Division
- ACS: Army Community Service
- AFAP: Army Family Action Plan
- AFTB: Army Family Team Building
- AMR: Aliamanu Military Reservation

- ASYMCA: Armed Services YMCA
- BCT: Brigade Combat Team
- BSB: Brigade Support Battalion
- Co.: Company
- CYSS: Child, Youth and School Services
- EFMP: Exceptional Family Member Program
- FMWR: Family and Morale, Welfare and

- Recreation
- FRG: Family Readiness Group
- FS: Fort Shafter
- HMR: Helemano Military Reservation
- IPC: Island Palm Communities
- PFC: Physical Fitness Center
- SB: Schofield Barracks

- SKIES: Schools of Knowledge, Inspiration, Exploration and Skills
- TAMC: Tripler Army Medical Center
- USAG-HI: U.S. Army Garrison-Hawaii
- USARPAC: U.S. Army-Pacific
- WAAF: Wheeler Army Airfield

325th ‘Mustangs’ point direction for keiki fitness

Story and photos by
1ST LT. TATE HUSEMANN
325th Brigade Support Battalion
3rd Infantry Brigade Combat Team
25th Infantry Division

SCHOFIELD BARRACKS — As lengthy overseas deployments curtail, greater attention can now be given to longstanding Soldier and unit relationships within the community.



Sgt. Dannis Dannis, a Soldier with 325th BSB, “Mustangs,” 3rd BCT, 25th ID, watches a player overcome the wall obstacle during a community outreach event hosted by the Mustangs at Wahiawa Elementary School, recently.

The 325th Brigade Support Battalion, 3rd Infantry Brigade Combat Team, is doing its part through community outreach at Wahiawa Elementary School, here.

325th BSB “Mustangs” were on hand to support the “Heroes of Our Community” Field Day at Wahiawa Elementary School. Many organizations throughout the community, such as fire and police departments, also participated.

The goal of the event was to show the students the importance of perseverance.

“We are proud to have the opportunity to partner with Wahiawa Elementary School and work with the children,” said Maj. Heath Hawkes, BSB executive officer. “The 325th BSB looks forward to furthering our partnership by participating in other events in the near future.”

The Mustangs participated by running a child-friendly obstacle course for the students at Wahiawa Elementary. The obstacle course consisted of a tire flip, a low crawl, an over/under obstacle, a water balloon toss and a mini Ranger Wall.

All in all, the students and faculty loved the event.

“The kids are still buzzing about it, and the teachers are too,” said Grant Toyooka, Wahiawa Elementary School faculty member.

School and unit members described the field day as a great success that created a stronger relationship between the elementary school and the 325th BSB.



Spc. Joshua Jackson, 325th BSB, “Mustangs,” 3rd BCT, 25th ID, tells a player to turn around and run back during a community outreach event hosted by the Mustangs at Wahiawa Elementary School, recently.

84th Engineers ‘GET FIT’ with Mililani Uka students

84TH ENGINEER BATTALION,
130th Eng. Brigade,
8th Theater Sustainment Command

MILILANI — Soldiers from the 84th Engineer Battalion, 130th Eng. Brigade, volunteered their morning at Mililani Uka Elementary school, to support the school’s “GET FIT”

program, which promotes a healthy and fit lifestyle.

The circuit, led by the engineer Soldiers, consisted of three grueling, but amusing, fitness stations, including parachute games, water relays and a timed interval physical training post.

The event began when Sgt. Tyriek Andrews, signal support noncommissioned officer with Headquarters and Headquarters Company, 84th Eng. Bn., emphasized the importance of stretching and warming up your muscles.

“Everyone down. All the way down,” Andrews said, during the warmup push-ups to

the students and teachers.

After the warmup, the Soldiers were paired up with a class and led students through each station. As the students competed in the various challenges, they had smiles from ear to ear.

Teamwork was essential during the water relays as students had to transfer water from one bucket to another 25 feet away. As the races ended, the students were either drenched from sweat or simply having an amazing time in the water on a hot day.

The Soldiers conducting the training at the timed interval post bonded with the students as they moved from station to station. They performed various exercises, such as side-straddle hops, rear lunges and grapevines.

“Volunteering and giving back is an essential part of the Army values that our Soldiers strive to display each and every day,” said Andrews. “Also, it was nice to see the physical endurance of the students.”

After the event, each Soldier joined the classes in the school’s cafeteria for a delicious and nutritious lunch with the students, according to Pfc. Richard Landrau, the operations clerk for HHC.

“While approaching students in the cafeteria, we couldn’t help but feel an overwhelming amount of joy just to have a few moments of our time to talk and ask questions,” Landrau said.

Students asked questions and told jokes, and they enjoyed every second of eating with their heroes.



1st Lt. Carolyn Johnson, 84th Engineer Battalion Public Affairs, 130th Eng. Brigade, 8th Theater Sustainment Command

Spc. Darwin Lopez (left), Sgt. Carlton Purnell (center) and Pfc. Richard Landrau (right), all with HHC, 84th Eng. Bn., 130th Eng. Bde, 8th TSC, demonstrate the correct way to perform a push-up for students at Mililani Uka Elementary school during the school's “GET FIT” program, recently.

Commissaries offer tips for selecting quality produce

JESSICA ROUSE

Defense Commissary Agency

FORT LEE, Va. — Summertime offers shoppers a vast assortment of colorful, fresh fruits and vegetables, and the commissary has a few tips to help pick some of the more popular spring-summer produce items.

“It’s been a plentiful year for many items ranging from asparagus to strawberries, so now’s a good time to highlight what to look for when selecting them, said Bridget Bennett, the Defense Commissary Agency’s produce category manager.

●**Asparagus.** Look for smooth skin, bright green color, compact heads and freshly cut ends. Look for asparagus that is as green (or purple or white in the case of purple or white varieties) as possible to up your chances of biting into tender spears.

●**Cherries.** Sweet cherries, including the popular Bing and Rainer varieties, are available from May to August. Sour cherries have a much shorter season and can be found for a week or two in the middle of June in warmer areas, and as late as July and August in the colder regions.

If possible, taste the cherries before you buy them. Sweetness varies farm to farm and week to week. Always look for shiny, plump cherries with fresh, green stems and dark coloring for the variety.

●**Grapefruit.** It’s best in late winter through early summer. As with all citrus, choose fruits that are heavy for their size.

●**New potatoes.** They are freshly harvested young or small potatoes. They have paper-thin skins and lots of moisture in-

side, and they tend to be sweeter than older potatoes.

New potatoes are pure perfection in potato salad or simply boiled with a bit of butter and a few chopped herbs. Look for new potatoes in the spring and early summer.

●**Peas.** Fresh green peas, straight off the vine and right out of the pod, are a fabulous feature of spring and early summer eating.

●**Radishes.** They are available year-round, but in temperate climates, their natural season is spring and summer. April through September is when they are at their sweetest and best.

●**Strawberries.** They are the first fruit to ripen in spring and early summer. Perfectly ripe strawberries are best eaten out of hand, but they also make great additions to salads and plenty of desserts.

Choose brightly colored, dry, firm, shiny, plump berries that still have fresh-looking green caps attached. Avoid soft, dull-looking or shriveled berries.

Since strawberries do not ripen after being picked, avoid berries that are partly white or otherwise unripe. It may seem obvious to say, but strawberries should smell like strawberries. Take a whiff before you buy.

“Knowing what to look for when shopping for produce is very



Sarah Pacheco, Hawaii Army Weekly

Enjoying fresh produce is a healthy part of summertime dining. Taking time to learn a few tips about choosing the freshest and tastiest fruits and vegetables is a key to enjoyment.

important, especially for people who may be interested in trying something for the first time,” said Bennett. “Our produce associates are always glad to answer any questions customers may have about how to choose.”

‘Tobacco-free’ is new Army goal

CHANEL WEAVER

U.S. Army Public Health Command Public Affairs

ABERDEEN PROVING GROUNDS, Md. — A new U.S. Army Public Health Command “Policy for Tobacco-Free Living” was approved earlier this year, supporting the momentum to transform the Army culture from tobacco-permissive to tobacco-free.

The policy directs USAPHC personnel and visitors to avoid using tobacco products while on USAPHC campuses, with the intent of creating a healthier workplace and workforce.

Although the policy was signed in January, it may take up to one year before it receives full implementation throughout the USAPHC.

“Implementation of this policy over time will give individual workers time to reduce their nicotine dependence, access tobacco cessation classes and services, and become acclimated to living a tobacco-free lifestyle during the duty day,” said Col. Heidi Warrington, chief nurse executive at the USAPHC and lead consultant on tobacco-free living in the U.S. Army Medical Command.



Wide-ranging policy

In addition to prohibiting the use of tobacco products including cigarettes, cigars, pipes and smokeless tobacco, the policy also prohibits the use of electronic nicotine delivery devices like e-cigarettes, e-pipes and e-cigars while on USAPHC campuses.

Although electronic nicotine delivery devices may seem to be a safe alternative to cigarettes, these devices are not regulated by the U.S. Food and Drug Administration, for various reasons, to include the fact that they contain significant variances in the amount of nicotine that is delivered, according to Warrington.

The tobacco-free living policy will benefit the USAPHC workforce by reducing risks of developing debilitating health conditions caused by tobacco use.